

Self Advocacy

Self Advocacy Sentence Starters

- ✓ Can I please use another way to show you what I know?
- ✓ Can I please have some extra time?
- ✓ Can I please do part of this later?
- ✓ Can you please help me prepare for ...?
- ✓ Is there an audiobook?
- ✓ Can I please get a copy of the teacher's notes?
- ✓ Can we please set up a time to talk about this?
- ✓ I have an accommodation for that.
- ✓ Can I please skip my turn on ...?
- ✓ Can you please help me find a way to ...?
- ✓ Can I please not have to explain my work in front of the class?
- ✓ Can I please do my presentation to a smaller group of people during lunch instead of the whole class?



Sample Script 1

1. INTRODUCE YOURSELF

Hi, my name is _____. I am in your _____ class. I wanted to let you know that I have an IEP and have specific learning needs.

2. SHARE YOUR STRENGTHS, NEEDS, ACCOMODATIONS

I'd like to tell you how this affects me, how you can help me learn, and what my strengths are.

My disability affects me by _____ and _____.

You can help me by providing the accommodations that are in my IEP which include: _____

My strengths include: _____.

3. SHARE APPRECIATION AND INVITE TEACHER/COACH TO ASK QUESTIONS

I am looking forward to learning in your class.

If you have any questions, please feel free to ask me, or my Learning Resource Teacher.

Thank you.

Sample Script 2— Requesting a note taker

It is difficult for me to take notes and listen to the lecture at the same time. I have used a note taker in my other classes before. This helps me keep up with the lecture, and I can be more certain that I am reviewing accurate notes when I study. I think having a note taker would be helpful in your class as well.

Other Self Advocacy Resources:

<https://www.understood.org/en/friends-feelings/empowering-your-child/self-advocacy>

